Protect your head on the road

Helmets and Seat Belts Save Brains



Dr Anand Diwan

Consultant Neurologist · Adults & Children
Brain, spine, nerve & muscle specialist

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Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

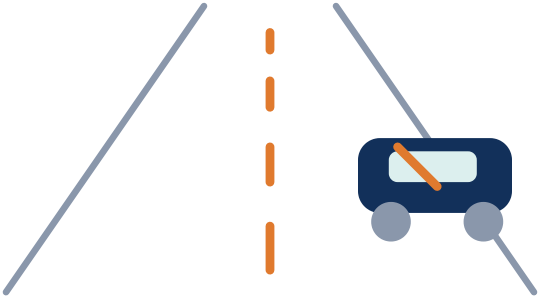
- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

Why it matters



1.5 lakh+
people die on Indian roads every year

Two-wheelers
Riders and pillions are the largest group of victims

Head injury
is the main cause of death in two-wheeler crashes

Young
Most victims are between 18 and 45 – the earning members of families



Helmets work



69% less
risk of head injury with a correctly worn helmet

42% less
risk of death

- Wear it for every ride – even short distances
- Rider **and** pillion, including children
- The chin strap must be **buckled** – an open strap means the helmet flies off

Figures: World Health Organization.

Choosing the right helmet

- Look for the **ISI mark** (BIS standard) – required by law
- Full-face helmets protect the face and jaw best
- It should fit snugly – not move when you shake your head
- Replace a helmet after any crash or a hard fall, even if it looks fine
- Do not buy second-hand helmets
- Use light colours or reflective stickers to be seen at night



Seat belts and child safety

45–50% less
risk of death for drivers and front passengers wearing seat belts

25% less
risk of death and serious injury for rear passengers

- Everyone in the car wears a belt – front **and** back
- Babies and young children in a proper child seat in the back seat
- Never hold a child in your lap in the front seat
- Children on a two-wheeler need a helmet too



After a head injury – watch for

Go to hospital at once if there is

- Unconsciousness, even for a short time
- Vomiting more than once
- Severe or increasing headache
- Drowsiness, confusion, unusual behaviour
- Fits, weakness, blurred or double vision
- Blood or clear fluid from the nose or ear

Never

- Drink and drive
- Use the phone while driving
- Overspeed or overload a two-wheeler

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

83900 00385 · 93702 54026

WhatsApp is for booking appointments only.

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www.diwanneurology.com

Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.